

SACRED HEART SCHOOL

COUNSELOR'S CORNER

December, 2021



I apologize for not updating for November. I had a bicycle accident and was out of school for the first 2 weeks and now I find myself in the week before Thanksgiving and I thought it best to just shoot for December! :) I did include a link, however, related to gratitude as we all think of what we are thankful for this Thanksgiving and beyond. It's on the second page.

Doris Adames

Hi Everyone, I will be on campus on Tuesdays and Wednesdays. I visit all classrooms each week for a lesson incorporating social and emotional skills to improve learning and success in the classroom as well as friendships and self-regulation. (Find my classroom schedule on the next page.)

Parents are always welcome to contact me with questions or concerns:

doris.adames@shsfloresville.org

School office: 830-393-2117

[Social Skills Resources for Parents](#)

Please check out this link for great resources!



CHARACTER TRAITS:

Trustworthiness

Respect

Responsibility

Fairness

Caring

Citizenship

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That's TeRRiFiCC!
Our character trait for December is
CARING !

Gratitude in the Midst of Challenges

**I hope your Thanksgiving is/was truly
blessed!**

Do you have an Advent wreath?

**Lighting a candle each week before
Christmas is a great way to prepare for
the coming of Jesus at Christmas.**

- The first candle symbolizes hope and is called the "Prophet's Candle." The prophets of the Old Testament, especially Isaiah, waited in hope for the Messiah's arrival.
- The second candle represents **faith** and is called "Bethlehem's Candle." Micah had foretold that the Messiah would be born in Bethlehem, which is also the birthplace of King David.
- The third candle symbolizes joy and is called the "Shepherd's Candle." To the shepherd's great

joy, the angels announced that Jesus came for humble, unimportant people like them, too. In liturgy, the color rose signifies joy.

- The fourth candle represents peace and is called the "Angel's Candle." The angels announced that Jesus came to bring peace-- He came to bring people close to God and to each other again.
- The (optional) fifth candle represents light and purity and is called "Christ's candle." It is placed in the middle and is lit on Christmas Day.

(excerpted from Understanding the Meaning, History, and Tradition of the Advent Wreath)

*Lord God, may we, your people,
who look forward to the birthday
of Christ experience the joy of
salvation and celebrate that feast
with love and thanksgiving. We
ask this through Christ our Lord.*

Amen.

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While we always talk about the joy of Christmas, in reality, the holiday season can be very stressful. Take time to relax with the tips below...

Tips for a Peaceful Holiday



Sacred Heart of Jesus, I trust in you!

My Classroom Schedule

Tuesday

12:30 3rd grade
1:10 1st grade
2:00 2nd grade

Wednesday

9:00 4K (Contreras)
9:30 3K
10:00 4K (Flores)
10:30 K